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THURSDAY, DECEMBER 19, 2013

New Year's Eve

Cities host kid-friendly events
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Page 9

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IMPORT NEWS

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■ **WIND ENERGY:** Project being appealed by Skydive Burnaby

Approval halted on two Wainfleet turbines

DAN DAKIN
Tribune Staff

Two days after a controversial decision by Wainfleet township council to use taxpayers' money to fund a private company's legal battle against wind turbines, the company behind the turbines has been ordered to halt construction on part of its development.

The order came from an environment review tribunal, which decided Thursday the renewable energy approval for two of Wainfleet Wind Energy's five industrial wind turbines should be put on hold until the appeal by Skydive Burnaby is heard.

On Oct. 7, the Ministry of

the Environment gave Wainfleet Wind Energy an REA to move forward with the project. Two weeks later, however,

lawyers for Skydive Burnaby owners Mikel and Tara Pitt appealed, saying that two turbines planned to be within 1.7 km of their facility would be detrimental to their business.

In her decision Thursday, tribunal executive chair Lynda Tanaka said the motion for a stay of the renewable energy



APRIL JEFFS



TOM RANKIN

weeks in January.

"I don't want to get ahead of myself, but I'll definitely take it as a win," said Tara Pitt. "It wasn't an easy road getting here, but I'm definitely happy."

Wainfleet Mayor April Jeffs, who has continually fought against having turbines built in the township, called it step

In the right direction.

"Even if it is just for the two, it's such a positive step forward," she said. "It's a breath of fresh air to see the province recognize how this will affect a business in our community."

Tom Rankin, the president of Rankin Construction, which is a partner in Wainfleet Wind Energy, said the stay isn't much of a setback.

"At that site we have the road built, the concrete foundation is built and we had the crane up, but we weren't going to put up the tower until the new year anyway," he said.

"We have the critical work done we wanted to do. So I'm not happy about the decision, but it's not the end of the



I don't want to get ahead of myself, but I'll definitely take it as a win."

Tara Pitt

world."

Jeffs, meanwhile, defended a decision Tuesday to have the township pay \$40,000 of Skydive Burnaby's legal bills.

"Though it wasn't originally on the council agenda, a procedural bylaw was waived to allow Tara Pitts to make

a presentation to council requesting the money. She said the idea for the public support came from Lambton county council making a similar decision recently.

"It was time sensitive because our original understanding of what our legal fees would be and what they ended up being were two different things," Pitts said.

Jeffs, Ald. Betty Konec and Ald. Richard Dykstra voted in favour of granting the funding while Ald. Ted Hessels voted against the idea. Ald. David Wyatt wasn't at the meeting.

See **TURBINE** | Page 2

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(Grandmother)
Elizabeth Bagu

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LOCAL NEWS

■ ENVIRONMENT

Ruzycki won't be home for holidays

Tribune Staff

Paul Ruzycki won't be home for Christmas.

A news release issued Friday by Greenpeace said a Russian judge ruled the Greenpeace activist must stay in the country.

Ruzycki, 48, from Port Colborne, and Alexandre Paul, 36, of Montreal, are among 30 Greenpeace activists arrested by Russian authorities in September after they boarded an oil platform in the Pechora Sea.

In the release, Greenpeace said the decision by the judge

defies an international court order that the activists be allowed to leave immediately.

The activists remain in Russia on bail after being arrested. Russia's investigative committee wrote to one member of the Arctic 30, Anne Mie Jensen, of Denmark, saying she's not able to leave the country, according to the release, and Greenpeace lawyers expect other non-Russian activists to be treated the same.

Lawyers had requested visas from Russia's Federal Migration Service (FMS), the release stated, so the activ-

ists could leave St. Petersburg and return if summoned by authorities. Jensen's letter said the investigative committee denied the request to FMS.

A November ruling by the International Tribunal for the Law of the Sea ordered Russia to allow the Arctic 30 to immediately leave the country.

The activists had hoped to be released on amnesty on the 20th anniversary of Russia's post-communist constitution.

Ruzycki told his sister, Patti Stirling of Port Colborne, earlier this week "we've been hoping against all hope, but now

we're being warned not to get our expectations up too high." There's still a chance for amnesty, if an amendment to a current decree before the government adds dropping legal proceedings against the Arctic 30.

TWITTER

Paul Ruzycki, 48, of Port Colborne, Ont., was released Friday, November 22, 2013, from a Russian prison. Ruzycki had been held since Russian authorities arrested crew members of the Greenpeace vessel Arctic Sunrise on Sept. 19.



■ CELEBRATION: Cities host kid-friendly events to ring in 2014

New Year's Eve a family affair in Welland, Port

MARYANNE FIRTH
Tribune Staff

WELLAND — New Year's Eve will be filled with big parties for even the smallest of south Niagara's residents.

Both Welland and Port Colborne are hosting family-friendly affairs on the afternoon of Jan. 31 to usher in 2014.

The Rose City's celebration,

hosted by the mayor's youth advisory council, runs from 4 p.m. to 6 p.m. at both the Welland Community Wellness Complex and Welland Main Arena.

The free festivities include games, crafts, treats, face painting, inflatables, cupcake decorating and a glow-in-the-dark family skate.

Mad Science will put on a show in the arena's commu-

nity room and children's duo Sunshine and Broccoli will perform in the complex theatre.

Organ rides will also be offered along the canal. While the rides are free, pre-registration is required prior to Dec. 24 by calling 905-735-1700 ext. 4000.

The afternoon of fun will culminate with a fireworks display along the canal at

5:50 p.m.

For a full listing of Welland's New Year's Eve activities, visit www.welland.ca.

Port Colborne's free celebration runs from 2 p.m. to 6 p.m. with a wide variety of activities at the Vale Health and Wellness Centre.

There will be free swimming from 2 p.m. to 4 p.m., bouncers and gym activities,

live music and a Mad Science show, cookie decorating, face painting, games and movies, as well as public skating from 2 p.m. to 5:30 p.m.

The Port Colborne Pirates will host a mini hockey camp for ages four to eight from 2 p.m. to 2:45 p.m. and ages nine to 13 from 2:45 p.m. to 3:30 p.m. There is no cost to participate in the camp, but children are asked to bring

their own equipment.

The event will conclude with a fireworks celebration behind the Vale centre at 6 p.m.

For a full listing, visit www.portcolborne.ca/page/New_Years_Eve.

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■ TURBINE

Construction of two turbines in Wainfleet have been ordered to stop

From Page 1

"I don't think it's our right to use taxpayer money," said Hessels. "It's not really Wainfleet's case anymore. It's a private thing."

He said he's concerned with how it might look that a decision was made Tuesday night without the public knowing it was being discussed.

"We haven't heard from the people on which way to go. You know there's opposition to it," he said.

"Personally I'm against what the turbine people are

doing, but I wasn't going to use my constituents money to fight it."

Jeffs said she knows not everyone will agree with the decision.

"I'm sure we'll hear from people about it, but that's fair. I stand behind it. We had to decide and I think it's a good decision," she said. "It's tough because Wainfleet has

a small budget and \$40,000 is a lot here."

dan.dakin@sunmedia.ca
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LOCAL NEWS

■ **SOCIAL:** Mother cleans out son's bedroom 30 years after his death

Finally letting go

CHERYL CLOCK
QMI Agency Niagara

For nearly 30 years, his bedroom remained exactly as it was the day he died. Clothes folded in his drawers. Soccer pictures on the wood-paneled walls. His bed, neatly made by his mother that morning.

It was Aug. 22, 1984, when Marty Vaughan, a 22-year-old body-shop machinist, left his parent's Thorold home on his motorcycle, on his way to his girlfriend's house in St. Catharines.

His bike hit an electricity pole, and he died instantly.

From that day, the door to his room at the top of the stairs remained mostly closed. Every once in awhile his father, Stan, would go in and run a vacuum over the carpet. His mother, Emily, couldn't. She could not clean it. She would not allow anyone to remove anything from it.

Years passed. Three decades

of life. Her three other children — twin girls Marie and Melissa, 17 when their brother died, and son Paul, who was then 19 — grew up and moved out. Emily became a grandmother. Had her 73rd birthday this year. Yet inside that room, time had stopped.

"I guess it meant death," she says.

In the moment of Marty's death, a lifetime journey of grief began for his mother, who nine days earlier had just buried her father. It would be an emotional expedition through more than two years of denial, followed by years and years of healing.

"It's the toughest thing I've ever had to go through in my life," she says.

Indeed, her journey has not ended. Consider this: a couple weeks ago, she cleaned out Marty's bedroom.

If anyone still believes that grief is a weekend trip, that

people "get over" death, then Emily Vaughan will set them straight.

She survived the journey. In fact, somehow, somewhere along the way, she found enough strength in her sorrow to help others who were also grieving.

Twenty-six years ago, she started a chapter of Compassionate Friends, a support group for parents who have had a child die at any age, for any reason. Then, she helped to start the Bereavement Resource Council of Niagara, an organization that co-ordinated local services to help people dealing with the pain of grief and loss. For 26 years, its support line rang on a phone in a corner of her living room. A small photograph of Marty, taken the year he died, always next to the phone.

Emily is healed. At peace with an acceptance of her son's death.

Yet, for 30 years, she couldn't let go of his room.

"Maybe, in a small way, I still didn't want to admit he was dead," she says.

"And if I just shut the door I didn't have to accept it."

Emily and Stan are preparing to sell their house. The two-story home — her house since the age of 12 — is too much for the couple. Last year, she had surgery to remove half of her left lung because of cancer. Chemotherapy ended in the spring, but she feels tired all the time.

A tougher decision was to close the Bereavement

Resource Council at the end of November and disconnect the support line.

"I'd lay on the couch all day, the phone would ring and I had a hard time getting up to answer," she says.

"My brain was even too tired to listen."

For more than two decades, Emily listened without judgment. She offered callers the phone equivalent of hand holding, says George Darte, co-owner of Darte Funeral Chapel, and one of the many BRC founders.

Back then, the bereaved were alone in their grief, he says. There were no support groups. No after-care. No grief counselling. Standard funeral home practice was that after a funeral, the families walked out the door and were left on their own.

At times, Emily was on the phone all day. By morning, the answering machine would be filled with more messages. If she couldn't help, she'd refer them on. To a professional, or to one of them many support groups that began under the BRC's wing.

New Beginnings, a widows support group. Loving Outreach, loss of a loved one by suicide. Caring Friends, pregnancy loss support.

Her own grief journey began in denial. "It was a game of pretend," she says. Emily never saw Marty's body after the accident; his funeral was closed casket. "My mind would play games. I'd think, 'Maybe it wasn't him'."

"If you can't say a final good-



SUPPLIED PHOTO

Stan and Emily Vaughan, with a photo of their son, Marty, who died in 1984. The photograph ran in The Standard.

bye, how do you accept it?"

For 24 years, she set a plate for him at dinner. Expected him to come home for Christmas and Easter. She maintained a memorial to him on the dining room table with photographs, soccer medals and trophies. Eventually, she found counselling. During one session, a turning point in her denial, she repeated the words of her counsellor: "My son Marty died and he's not coming back."

"That was a killer but I did it," she says.

After that, she spent great amounts of time at Lakeview Cemetery. She planted flowers. Talked to Marty. Often just sitting for hours on a small stool. She was once there so late, the front gate locked and she had to drive over a ditch to get out.

Over the years, as she helped others in grief, she achieved

more steps on her own journey.

"The more you share, your heartache gets less and less," she says.

Marty's bedroom is almost empty. His clothes, including his Thorold Thunderbolt soccer uniforms, went to Community Care. His brothers and sisters took what they needed. The small amount that remained, sits on Emily's dining room table. His green with yellow pin striped Cub scout cap. A small wooden box with his initials marked on the bottom.

A fresh coat of paint covers the panelling in his bedroom, and new carpet will be installed soon.

"It was a job that had to be done," she says.

"I feel relieved, lightened. Like a load has been taken off my shoulders."



SUPPLIED PHOTO

Emily Vaughan, 73, at her home in Thorold. For 26 years, she was part of the Bereavement Resource Council of Niagara. The organization was closed the end of November because Emily can't run it anymore. She has been diagnosed with lung cancer.

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The silent night of Christmas

A little boy comes home from school to be greeted by his father who asks:

"Did anything exciting happen today, son?"

"Yes, Daddy, I got picked for a part in the school play, for the first time ever!"

"What part, son?"

"I get to play a man who's been married for 25 years."

The father draws the furtive of his joins into himself, places his arms gently around his shoulders and says in a comforting voice: "Son, you do your best this time, and next time you'll get a speaking part."

Okay, you can stop laughing/groaning/swearing/writing a letter to the editor/praying that God will forgive me/desiring that my wife will insist on leaving me with a child—praying that she will not/ or whatever other response your spirit was moved to offer spontaneously. Believe it or not, this lame excuse for humour is meant to call attention to the most consistently ignored conspicuous character of the Christmas story.

Quick, now, name one well-known car that mentions Jesus. Better still, take your time, search on Google, Yahoo, MSN, AOL and Ask—the result is the same! Not one, nada, nil. Contrast this with repeated references to Mary, as in: "Mary's boy child," "Gentle Mary laid her child," "On Mary's lap is sleeping," "Round you virgin, MOTHER and child," "For Christ is the born of Mary," "Mary was that mother milk, etc." Even cattle, sheep and assorted members of the animal kingdom get more press at Christmas! Point me to one word of dialogue Jesus is permitted to utter in the script of the Nativity as found in Holy Scripture, in any most traditional Christmas pageants for that matter. Need I say more?

Yet, I would need that this unheralded man is undeniably part of God's plan for the early part of Jesus' earthly life. I find it instructive to examine the brief exposure to his character in Matthew 1:19 (Amplified Version): "Joseph, being a just and upright man and not willing to expose her publicly and to shame and disgrace her, decided to repudiate and dismiss (divorce) her quietly and secretly."

When Mary was found to be with child without an assent from her betrothed, a "just and upright man" could have ensured that justice was done by having her put to death or at least by issuing a certificate of divorce. Either action would have been kosher but Joseph adds mercy to justice as he opts for a divorce with dignity.

Years later, when Jesus was accused by some what he would do with a woman who was caught in adultery (if it is possible to catch only one partner in the act of adultery, hello!) he would stone her bid to let him first hear to death with the words: "He that is without sin among you, let him first cast a stone at her." (John 8:7) Like father, like son, perhaps?

I cannot help but contrast Joseph's choice with the way I am tempted to respond when someone hurts me. Ever hear the expression: "Hurt people hurt people?" Out of my hurt, I want to make sure that justice is done and you're hurt too—at least as much as you hurt me. I could, on any platform available—to a Facebook, newspaper column, TV talk show, Internet blog, pulpit—to at least shame, if not disgrace or destroy a nasty soul.

Or it could be a family gathering over the holidays where amid the toasts, treats, and greets, some dominant hostility, buried hatred or intertribal/ethnic rivalry or a fresh misdeed calls for a decidedly unchristian strikeback—could opt to leave with blue marks on my tongue or leave lashmarks on the offender.

Christmas—pass the eggnog, hold the rum, kill the music

I'm trying to work through my issues with Christmas—why I hate this time of year and why I feel so out of place... like Rob Ford at a truth and reconciliation hearing.

Not even a smash of eggnog and rum could cheer me up at this time of year. I hate rum. My aversion to this particular spirit can be traced directly back to a really bad bus tour in Santiago, Cuba. "See The Real Cuba," said the sign in the lobby of the Delta Sierra Mar Resort promising excursions to the rum factory, the cigar factory and the Santo cemetery.

The tour did not get off to a rollicking start. After one-hour drive to the city of Santiago, the rum factory was closed due to labour problems. We were, however, allowed into the tasting room, where we sampled seven-year-old rum. I declined, but it didn't matter because even the teetotalers and recovering alcoholics hit the hard stuff after 40 minutes of nonstop rum. The tour of the rum factory house in Cuba, I was learning even shoeshine stands have their own house brands.

The tour didn't make a rousing recovery from its initial setback because at the next stop the cigar factory was also closed due to labour problems, or staff holidays or possibly a period of national mourning for the house band, which



WILLIAM THOMAS
HUMOUR

was summarily executed by the previous tour group for playing—everybody now—*"Guantanamera."*

"Why can't the house bands ever go on strike?" I asked, a little too loudly.

At this point, I was getting disoriented: after all the disappointments, I thought if we got to the Santiago cemetery and it was also closed due to labour problems, this is really going to ruin my day. Although most of the sights on this tour couldn't be seen on this day, the trip itself was not uneventful because at 1:30 p.m. on a narrow street in a residential section of Santiago, Pedro, "the best driver in all of Cuba," had an accident. With no more than 100 cars in the whole country actually operating at any given time due to the absence of oil and gas, Pedro managed to kill one of them.

Subsequently, Pedro took off in chase of the driver of the car, which didn't stop, and 20 of us were stranded at a souvenir shop that sold ceramic ash trays and photos of Che Guevara. Standing outside in the searing sun for an hour, I realized

my face was fried and my brain wasn't far behind.

On a new bus with a new driver, we pulled up to the famous Santiago cemetery where nobody was having labour problems. You'll find this to be true of any cemetery in any country—no walkouts.

I don't know if it was the rum, the heat or the fact that I hadn't heard *"Guantanamera"* in almost an hour, but I sort of lost it. As we passed a crypt that was kind of crooked, Angel explained this was due to years of heat and humidity. As it turns out there was the resting place of a great Cuban patriot and rum maker. Through the fog of alcohol and blinding sun I realized—there was—was the source of my pain, the evil man who invented the very rum that was making me crazy. Don Facundo Bacardi. I'm sorry, but I couldn't resist. I asked if, due to the curvature of the casket, would this be called "a Bacardi with a twist."

Angel shot me a dagger of a look but as they say in Cuba, if looks could kill, I was at least standing in the appropriate place.

And I say with all sincerity, if we as Canadian citizens can't visit foreign countries and make fun of their most revered citizens with stupid little bar jokes, then what good are we as a nation? I guess I actually hate rum more than Christmas and that somehow cheers me up.

readers' views

KUDOS TO YOUR REPORTER

I would like to take this opportunity to thank you for the two wonderful articles and pictures regarding our charity, Niagara Women's Enterprise Centre and our Social Enterprise, Niagara Presents. We have had so many people visit and purchase from our little store thanks to your wonderful story. As a small charity and business, this kind of support and coverage is priceless. Thank you again so much. We are so proud to be part of this supportive community of Welland. Happy holidays.

BRENDA MARTIN
WELLAND

TIME TO UPDATE THE TREATIES

Now that the deer hunt in Short Hills is over, things will be relatively quiet regarding aboriginal treaties rights, for awhile. The issue I have with these treaties is that they were signed more than 200 years ago. The treaties between aboriginal peoples could feed and support their families through hunting and fishing, on land that the (British) government had no interest in, as most of it was inaccessible or was not considered suitable for agriculture. The treaties were signed by government that had no idea of the magnitude of the area in question, or of the way that it would be settled and improved by European settlers

in the future. The need to revisit these treaties has long since passed. They are out-dated, and no longer relevant in today's world. The need to hunt and fish for subsistence no longer exists, and the notion that this is done for ceremonial purposes doesn't cut it. Other segments of Canadian society have traditional and religious celebrations that do not require inconveniencing their neighbours or breaking Canadian laws. These treaties were signed by a government that has no jurisdiction in Canada today. The British Crown is only a traditional figurehead. The Canadian people still adhere to it, and has no standing in the day-to-day business of the country. When a client has an agreement with an agent, be it a lawyer, a real estate agent, a contractor, or any other client-agent agreement, and one of the parties leaves the mix, a new agreement has to be negotiated with the new partner. So it should be with the treaties between the Aboriginal people and the new government of Canada (circa 1987). The treaties have been invalid for 46 years and need to be updated to reflect modern society and all Canadian citizens.

TIM BRAY
PORT COLBORNE

GREAT PRATY

Our company recently held our Christmas party

at Canisale Restaurant on West St. in Port Colborne. I would like to extend a huge thank you to the owners of this lovely establishment, Greg and Rosemarie Poisson. We had loads of good food, great service, lovely ambience and right from the planning stages to the end of the evening our staff could not have asked for anything more. It was that good. We are thrilled to be able to have a restaurant of this calibre so close to home and we recommend their establishment highly. I believe we all had a great time and all due to the meticulous attention to detail by Greg and Rosemarie.

BETTY KONG
PORT COLBORNE

THEY DON'T CARE

What is the point of printing a full-page ad about the wind turbines proposed for our neck of the woods, when it is a full accident and those responsible for this outrage could not care less about the wishes of the public, nor about the wildlife that will be affected, nor about the hideousness of the landscape. Give us a break.

PAT CUSACK
WAINFLEET

LOCAL NEWS

■ CANADA POST: Door-to-door service being phased out

Home delivery to end

GRANT LAFECHE
QMI Agency Niagara

ST. CATHARINES — The head of the union representing St. Catharines postal workers says Canada Post isn't ensuring its financial stability with sweeping changes to its services.

So far as Brenda Lasio is concerned, Canada Post is slowing killing itself.

"They could have come out today and said, 'You know what, parcel delivery is at record highs and our employees are going to make sure your parcels and letters are delivered on time for the holiday season and here are the services we're introducing,'" said the president of Canadian Union of Postal Workers local

614.

"Instead, they come out with this defeatist stuff."

Lasio was commenting on Canada's Posts plan announced Wednesday that calls for the end of door-to-door delivery of mail as part of a bid to restore the corporation to financial health. Canada Post is losing hundreds of millions of dollars annually and projects to lose \$1 billion by 2020 if radical changes are not made.

Instead of door-to-door delivery, all urban mail will be delivered to community boxes and residents will have keys to access their box. The changes will take effect within the next five years.

The plan seeks to eliminate 6,000 to 8,000 postal jobs

across Canada. Canada Post says the job losses will largely happen through attrition.

Lasio said she doesn't know how many of her 250 members, most of them urban mail deliverers, sorting and store front staff, would ultimately be impacted in five years time. But she said only about 10 of them are in a position to retire within five years with a full pension. The rest either don't have enough time on the job to earn a full pension, or aren't old enough.

She believes Canada Post should be aggressively expand-

ing its business into new services, including postal banking, to generate revenue rather than cut back on services and employees.

While the union plans a strategy to combat the changes, Canada's largest seniors advocacy group quickly balked at the postal service changes.

Susan Eng, vice-president of advocacy for the Canadian Association of Retired Persons, said taking door-to-door delivery away from seniors is a bad move.

"We told them some time ago, when they came to us,



JFSTUDIO - FOTOLIA

that people with mobility issues, seniors in particular, rely on delivery to their door," Eng said. "I am not going to stand in the way of them saving money or justifying their existence, but they should be providing options for Canadians with mobility issues."

Eng said there are many seniors who depend upon tra-

ditional mail, and having to leave their homes to get their mail in a community box puts them at risk to slips and falls, particularly in bad weather.

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Twitter: @grantrants

HOLIDAY WASTE MANAGEMENT SERVICES

★ HOLIDAY CHANGES IN WASTE COLLECTION

Garbage, recycling and Green Bin collection will be deferred by one day in the week following Christmas Day and New Year's Day.

HOLIDAY GARBAGE EXEMPTIONS

In the week following Christmas (Dec. 26, 27, 28, 30, 31), residents may place double their regular weekly garbage limit to the curb on their collection day.

CHRISTMAS TREE COLLECTION

- Saturday, Jan. 11, 2014 ONLY
- Christmas trees must be at the curb by 7 a.m.
- Remove all ornaments and decorations
- Christmas trees wrapped in plastic or buried in snow will not be collected. No artificial trees.

Regular Waste Collection Day	Changed to:
Monday (Dec. 23)	No change
Tuesday (Dec. 24)	No change
Wednesday (Dec. 25)	Thursday (Dec. 26)
Thursday (Dec. 26)	Friday (Dec. 27)
Friday (Dec. 27)	Saturday (Dec. 28)
Monday (Dec. 30)	No change
Tuesday (Dec. 31)	No change
Wednesday (Jan. 1)	Thursday (Jan. 2)
Thursday (Jan. 2)	Friday (Jan. 3)
Friday (Jan. 3)	Saturday (Jan. 4)



Spots provided through a partnership between industry and Ontario municipalities to support waste diversion programs.

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LOCAL NEWS

■ **POLITICS:** 130 local politicians in one room?

Region considers Niagara political get-together

JEFF BOLICHOWSKI
QMI Agency Niagara

Niagara Region is eyeing opening the doors to a region-wide political get-together.

Regional council's planning committee has given the green light to throwing a meeting of all Niagara city councillors. If the full council approves the

move, it could get rolling in 2014.

"The top (benefit), from my perspective, is it allows municipal representatives from each community to get to know each other," Region Chair Gary Burroughs said.

He said the meeting, pitched as a Niagara analogue to the

Association of Municipalities of Ontario's yearly province-wide get-together, could help municipalities share the best ways to deal with their issues.

"It's just that relationship-building. It happens already through our staff level," he said. "All those people meet

on a pretty regular basis. The councillors do not."

Each year, politicians from across the province gather for the AMO conference, sharing ideas and addressing hot topics

in the world of local politics. Burroughs figured an all-Niagara version would be closer to a luncheon gathering than a conference.

Region staffers and municipal bureaucrats already share their best practices, he said.

"I'm not sure how much gets up to the council level. So that's one of the goals, as well," he said.

Niagara Region figures it could cost up to \$3,500 to host such a gathering. That would include a venue, catering costs and the price of non-alcoholic drinks.

Chief administrative officer

Harry Schlange downplayed the region's role.

"It's not the region wanting to take the lead, but how do we work with the municipalities to encourage them towards an AMO Niagara," he said.

The meeting, he said, could give the region and the municipalities a better understanding of one another and the areas of service each covers.

Schlange said he envisioned the region's role at such a meeting as akin to playing goalie on a soccer team. "We get in trouble when we want to be the striker and score all the goals," he said.



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LOCAL NEWS

■ **ECONOMY:** Niagara stores expected to close in spring

Liquidation World, Big Lots bailing out of Canada

MATT DAY
QMI Agency Niagara

Everything looked to be going well for one of the Niagara Square's newest and largest tenants.

The 2,340-square-metre Big Lots store held its grand opening in June and the mall's marketing director Tammy Robertson said the discount department store kept busy.

On Friday, Big Lots, an American business that specializes in clearing manufacturing warehouses of overstocked items and selling them in their stores, announced it is leaving Canada.

The company, which bought Liquidation World in 2011, is closing its 78 stores across the country — five Big Lots locations and 73 Liquidation World stores.

A Liquidation World is at Welland's Fitch Street Plaza.

"We go two steps forward and five steps back," said Robertson. "They just opened up and were doing great, so you think, and then this. It's very sad."

In a media release, Big Lots said there will be an "orderly wind-down" process

and all principal operations will be done by the end of April 2014.

The soon-to-be vacant spot will be hard to fill, said Robertson, considering a \$200-million outlet mall is being built in Niagara-on-the-Lake just minutes down the QEW. It is slated to open in May.

"There's no new retail. You can only have so much of the same thing and in a small town like Niagara Falls you can't double up and expect to make any money," she said.

She said the 37-year-old mall, which since 2005 has added big-name franchises including Future Shop, Petco, Jysk, The Brick and The Mandarin will begin looking at finding a replacement for the Big Lots space shortly.

Come with the Niagara Falls location will be 30 jobs — four full-time management staff and 26 part-time workers.

As of Monday afternoon, a steady stream of shoppers were walking in and out of the store. Fort Erie's Gord Lilley said he shops at Big Lots every once in a while.

"I was shocked when I heard on the news it was closing," he said.

Welland's Amanda Tannahill said she will miss the cheap prices.



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■ WIND ENERGY

Region, Rankin part ways

KAREN WALTER
QMI Agency Niagara

Once called a "legacy project" for Niagara, the region's foray into wind farms with Rankin Construction is being nixed after nearly a decade of setbacks.

Niagara Region and Rankin Construction are dissolving their Wind Energy Niagara Corp., which they created in 2006 after talks dating back to 2001.

The \$23-million joint venture was supposed to see a five-turbine wind

farm in Wainfleet generate up to 10 megawatts of electricity, or enough to power about 3,500 homes. The partnership would receive 11 cents per kilowatt-hour from the province as part of its green energy program.

But obtaining a long-term power

contract to produce a renewable source of electricity proved elusive.

"We were ahead of our time," said Rankin CEO Tom Rankin, explaining the hurdles the partners had to try to overcome.

When they started, he said, there were no provincial guidelines regarding the setup of turbines, such as how far they needed to be from roads. So the region developed its own wind-energy policies that became moot in 2009 when the province introduced regulations.

The government also introduced the Feed-in-Tariff program, and despite the legwork by Niagara partners, there wasn't enough capacity on the grid for a contract.

Rankin said future contracts will have to be bid on, but impending changes to the program could require more than two shareholders.

On top of that, Rankin said, windmills today cost more than they did back in 2001 because the price of steel went up.

"It wasn't economical for us to go ahead," he said.

The project was one Rankin passionately believed in, calling the wind farm in 2006 a "legacy project" for Niagara.

"I thought this was the direction we should be taking," he said. "I feel bad for the advocates on regional council."

Each side will lose some of its

investment. While the region said it will get back its original share of \$577,000, it has spent \$420,852 on development costs, applications, environmental assessments and wind resource studies.

Rankin said his company lost approximately \$500,000.

Niagara Region chief administrative officer Harry Schlange could not be reached for comment, but said in a news release Wind Energy Niagara was set up when the environment for investing in green energy was different than it is today.

"Council was early out of the gate on this because it was a good fit with the council's business plan to seek environmentally friendly technologies and adopt green energy practices," he said.

The region cited potential changes in the current Feed-in-Tariff competitive process as a factor for the dissolution. As well, it says, wind data and environmental studies have become dated, reducing the likelihood of obtaining a contract under the Feed-in-Tariff program with Ontario Power Authority, it said.

Rankin said the dissolution of Wind Energy Niagara doesn't mean his company won't pursue the wind-energy project on its own if the community is still interested.

"We're not saying the project is dead, but the partnership is dead."

NOTIFICATION

Habitat Regulations for Protecting Species at Risk

Ontario is fortunate to have a wide variety of plants and animals. Over 200 of these species, however, are currently "at risk". One of the key threats to their survival is habitat loss.

Under the Endangered Species Act, 2007, the Government of Ontario has passed habitat regulations for Bogbean Buckmoth, Four-leaved Milkweed, Fowler's Toad, Laura's Clubtail, Queensnake and Rusty-patched Bumble Bee and an amendment to the existing habitat provision for Pale-bellied Frost Lichen. These provisions will help protect and recover these plants and animals. The regulations come into force on **January 1, 2014**.

Want to know more about habitat regulations or the Endangered Species Act?

Information on the regulations is available on the Environmental Registry of the Government of Ontario website at ontario.ca/er (Registry #011-9021) and on the Species at Risk website at ontario.ca/speciesatrisk.

For alternative formats of this information, please e-mail: sar.habitat@ontario.ca or call toll-free at 1-800-667-1940.

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■ WILDLIFE

Snowy owls flutter into Niagara

JEFF BOLICHOWSKI
QMI Agency Niagara

ST. CATHARINES — Two snowy visitors from the north have turned up wounded and come into an owl aid group's care.

Among four young snowy owls delivered injured to the Vandal-based Owl Foundation recently, two come from Niagara, said zoologist Annick Gionet Rollick. One, she said, was rescued from the border, where it was turning heads as it limped along.

It's part of what Gionet Rol-

lick said is a wave of young owls popping up in recent days.

"What that's probably indicating is it's been a high breeding year up in the eastern part of their range," she said. That could mean the high juvenile owl population is being pushed out.

"If it's an indication there's a food shortage, we'll start to see adults in January and February."

Gionet Rollick said one owl was picked up near Hwy. 405 by the Queenston-Lewiston Bridge.

"Our staff was able to go out and secure the bird," she said.

"She was slowing traffic down. She was basically walking by the cement barrier because she couldn't fly because she had injured her wing."

Another owl, she said, was recovered from an area winery and admitted to the foundation's shelter with a metacarpal fracture — analogous to a hand injury for a human.

The pair are among four owls recently admitted. One came from up north, while a fourth picked up in Port Egan

was emaciated and ultimately died.

That comes after a Tribune reader photographed a snowy owl at Hunters Pointe Golf Course over the weekend.

MICHAEL FINNIHAN/SPECIAL TO THE TRIBUNE

A rare snowy owl was spotted on top of the clubhouse at Hunters Pointe golf course in Welland on the weekend.



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■ **HEALTH:** Auditor's report backs up what families have been saying

Autistic children wait too long for services

TONY RICCIUTO
QMI Agency Niagara

It's just what Patricia Dunkley has been saying all along: children with autism are waiting too long to receive the help they need

which is critical to improving their lives.

A report released this week by auditor general Bonnie Lysyk confirms her story.

Dunkley, 30, a Niagara Falls single mother with two young

children, has a four-year-old son, Nathaniel, who isn't doing well in school and needs constant supervision. She believes her son has the disorder, but he is on a wait list for a diagnosis.

On Monday, Welland NDP

MPP Cindy Forster raised Dunkley's case in the legislature and on Wednesday, NDP children and youth services critic Monique Taylor brought up the issue at Queen's Park during Question Period. Taylor said the auditor's report "provided us with the facts and figures to back up what families have been telling us for some time: that lengthy delays for diagnosis and treatment for children with autism mean that young people are not being given their best chance to succeed."

Taylor said families have long been telling the Liberal government the support for children with autism is falling.

"Today there are more children waiting for services than those who are receiving them, and we know that children who would often benefit the most from a particular therapy are simply not eligible," Taylor said. "At what point is it this government going to take the needs of children with autism seri-

ously?"

Dunkley said it's time for the government to step up and deal with this issue.

"I'm trying my best to deal with a four-year-old with developmental problems," she said. "As a parent it makes me feel completely useless. I'm always stressed out, and I don't know how to help my son."

Children and Youth Services Minister Teresa Pinuzzo said in an e-mail that the government welcomes the auditor general's report on how it can improve services for children and their families.

"Since 2003, we have tripled the number of children receiving intensive behavioural intervention (IBI). This past year 2,084 children were served in the IBI program and almost 9,000 children received (applied behaviour analysis) services."

"This year we invested over \$185 million in autism services, up from \$67.3 million in 2003, in the Hamilton/Niagara

region, the Ministry of Children and Youth Services invests more than \$10 million per year in services for children with (Autism Spectrum Disorder). Further, through the Ministry of Health and Long-Term Care, the number of physicians in the Hamilton Niagara Haldimand Brant Local Health Integration Network has increased by close to 22% since 2003."

The minister said that while the government continues to increase its investments, the prevalence of autism has also been increasing.

"We also know that access to early intervention is critical to improving outcomes for young people with autism. The ministry is currently looking at how services for children with autism are delivered, with a view to increase accessibility and efficiency, and to reduce wait lists... We are determined to make further progress for these kids and their families."

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vened in the form of hip-replacement surgery, the 55-year-old's life unravelled. Her mobility was limited. She lost her job. By October, she had no choice but to go on public assistance.

"So right now, I have

about \$25 dollars a week for food," she says. "I want to eat healthier food. I know I feel better when I do. But it's expensive and you can't always do that."

See **HEALTH** page 13

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BOB TYNICKSYN/QMI AGENCY NIAGARA

Community Care volunteer Joe Bench sorts through a bushel of apples dropped off at the food bank. A new report shows eating healthy food is more expensive than the alternative of processed food.

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■ HEALTH

Treatment for autism too long to help children

From page 12

In person or by proxy, she's become an expert hunter of sales, forever watching for fruit and vegetables on discount.

"But if it is not on sale, I go without," she says. "I come to the food bank once a month, and sometimes they have fresh produce, so that really helps."

Ellis's story is not unique to those on the front lines at food banks, or public

health offices or the halls of academia where the growing issue of the price of food versus the poor's ability to buy it is studied.

"We have to change our relationship to food," says Kate Bezanson, chairwoman and associate professor of Brock University's department of sociology. "We really do have to change the way we think about food, how it relates to us and how it relates to the producers of it."

Bezanson studies food accessibility and food security — that is the ability of people to consistently have enough healthy food — and says increasingly Canadians are having to choose cheaper, less healthy options because nutritious food is simply too expensive.

In a region like Niagara, with high levels of unemployment and low-paying jobs, the loss of food security is becoming acute. It's an issue

Niagara Public Health is well aware of, regional dietitian Rachel Morgan says.

According to Morgan, the Canada Food Guide that recommends a diet that includes fruits and vegetables is beyond the means of many on low incomes or government assistance.

The health department does an annual survey to determine how much it costs to maintain that diet.

Morgan says for a family of

four it costs \$186.84 a week, which works out to more than \$9,700 annually.

Catharine Livingston, manager of the Housing Help Centre at the Community Care of St. Catharines and Thorold on North St., says those on Ontario Works payments are living on about \$600 a month. Those like Ellis, whose housing is subsidized to a degree, pay around \$475 for rent. Every other expense has to be covered by the remaining \$125, including food.

"When you are living on that little, food can be a discretionary item," Livingston says. "Some people don't just end up eating food that is less healthy, but they forgo meals entirely to save money."



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The Clinic on Elm
380 Elm St. Port Colborne

Business After 5:00
Wednesday February 26th
5:00 - 7:00 PM
JB Fashions
30 Clarence St. Port Colborne

Save the Date

The Chamber of Commerce President's Award's Reception

Wednesday April 2nd 2014

The Italian Canadian Cultural Centre
233 Bell Street, Port Colborne ON
5:00 PM - 9:00 PM

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BUSINESS AFTER 5



October's BA-5 was hosted by Lucy's Cafe & Catering and delicious offerings were enjoyed by all who attended.



November BA-5 at the new BMO Branch. Pictured here is Rob Hesp of BMO Nesbitt Burns and Gary Bellhouse of Evolution Window Films.



Niagara Crafters representatives Betty Molenaar (Pink shirt / left) and Leta Birag (right) display 2 of the many hundreds of local designed and created items available in downtown Port Colborne

Niagara Crafters are now home to over 100 unique crafters and artisans in the former Rossman's store

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OF COMMERCE



Niagara's largest business to business networking event of the year Niagara Networks was held on Wednesday Oct. 9th at The Fallsview Casino.

Pictured here is Jackie Jaroslowski Executive Director & John Mayne Acting President of the PCW Chamber and Dolores Fabiano Executive Director of the Welland/Pelham Chamber of Commerce.



Yardbirds Nature Shop owner Hilda Reiser showcasing her newest addition to the store, wooden bird feeders in several bird styles!

Yardbirds Nature Shop have recently relocated their nature store business to the former Rossman's store in downtown Port Colborne.

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As part of Small Business Week, Port Colborne-Wainfleet Chamber of Commerce hosted an event at The Roselawn Centre that celebrated the city's small businesses on Wednesday October 23rd.

The three businesses showcased at the event were eShine Car Care, Bell Marine & Mill Supply Ltd. and Evolution Window Films.

Pictured here from left: Account Manager at the Business Development Bank of Canada Donmarie Urdine; Sam Eelhouse from Evolution Window Films; Chris Pace from eShine Car Care; Jeff Bogner from Bell Marine & Mill Supply Ltd.; and acting Chamber President John Mayne.

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■ **PEOPLE:** Holidays difficult when grieving the loss of a loved one

'Christmas is the hardest part'

MARYANNE FIRTH
QMI Agency Niagara

The holidays were once prominent in the Hughes household.

Each year, the family would get bundled up and go cut down a Christmas tree. They would make memories and share laughs as they hung the lights and ornaments.

But today, the decorations are absent.

It seems holiday cheer cannot fill the hole that was left behind when 19-year-old Jake Hughes was killed in an ATV crash north of Halliburton in August 2012.

Each day has since been a struggle for parents Sam and Pearl, and siblings Adam and Leah.

It has outright "destroyed" the family, Pearl says through tear-filled eyes.

The impact of Jake's death has spread well beyond his household, touching the lives of friends, family and complete strangers who were heartbroken to learn such a bright light had been extinguished.

It has taken a significant toll on Richard Robins, Jake's

grandfather, who wants to ensure the teen's big heart and compassionate nature are forever remembered.

"I want people to know the type of person Jake was," he says. "How he went out of his way to help people."

He was an athlete. A Buffalo Bills fan. A loving friend.

In the year-and-a-half since Jake's passing, the Hughes family has been flooded with memories people have shared of the popular green-eyed boy.

Richard calls it "unbelievable" that posts continue to come in regularly on Jake's memorial Facebook page.

He was quite the guy at school. It's amazing to hear stories from his friends," he says.

Many of those stories were told during Jake's packed funeral at Pleasantview Memorial Gardens and Visitation Centre, where a lineup of thousands went out the door.

"It's hard to know what to say back," Richard says, shuffling a stack of papers filled with kind words about his grandson.

"The things that have been said to us about him. It's tremendous."

But it seems those heartfelt



Richard Robins has many fond memories of his grandson Jake Hughes, who was killed in an ATV crash in 2012 at the age of 19.

memories of the teen dubbed the 'Most Genuine Guy' have made it that much harder to understand why he was taken away so soon, Richard says.

"This has been such a big shock to the family."

Jake's death has meant countless days filled with tears and a struggle to resume life as it was.

"Christmas is the hardest part," Richard admits, "because it was always Jake, Adam and Leah opening their Christmas gifts."

"Christmas was big when Jake was still with us, but now, there are no Christmas decorations. Everything has changed," he says.

"It has been a real tear in our family. It's an awful hard thing, boy."

Richard was raised to be tough. He was taught to hide his feelings. But losing Jake has opened the emotional floodgates for the retiree.

"I cannot hide all my feelings," he says, as tears stream down his face.

"I just don't understand why someone so young was lost."

Despite the pain, Richard knows steps must be taken to begin moving forward.

"It's so hard, but we do need to realize that life goes on," he says, his voice cracking as the words pour out.

Richard will always cherish the memories of his grandson.

He remembers taking him to soccer practices, giving him driving lessons and sharing a laugh when they'd cut the grass together.

Jake had planned to get into policing, following proudly in his father's footsteps.

He received a scholarship to study criminology at Brock University after graduating from Notre Dame College School. He was entering his second year.

Richard remembers fondly how Jake and Sam would playfully wrestle, Jake determined to someday triumph over his policeman father.

"It was getting damn hard for Sam to take him," Richard says with a laugh that seems to warm his heart.

Jake did have one weakness — his nanny's chocolate-chip

cookies.

"He couldn't resist them," Richard says, Jake would come home from school, pop two in the microwave for a few seconds and then head upstairs with a glass of milk to do his homework.

It's a memory Richard and wife Irene hold dear.

He never wants those memories to fade. He wears a necklace etched with Jake's photo close to his heart.

"I can talk about Jake and feel a lot better after I've talked to someone about him," Richard says.

"His nanny and poppa love him."

And they're certainly not alone.

To remember Jake and honour his memory, a yearly fundraising event has been created. The second annual Jake Hughes Memorial Benefit will take place May 9 at Riverstone Event Centre. Proceeds will support Welland Special Olympics, the Jake Hughes Memorial Bursary at Notre Dame and other local charities.

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IMPORT DATEBOOK

DECEMBER 19
CHRISTMAS BAKE SALE

hosted by the ladies of St. Anthony's Croatian Church, 8:30 a.m. until quantities last, at 360 River Rd., Welland. Baked apple and cheese strudels, cookies,

etc. Everyone is welcome. We are also selling frozen apple and cheese strudels; if interested call 905-735-6159.

and city editor Joe Barkovich at Sobey's, Fonthill, where he will be signing and selling copies of his book, *From A Reporter's Notebook*, a compilation of columns from over the years. The signings will be Dec. 20-22, 11 a.m. to 4 p.m. each day. A portion of the proceeds from sales of the book will be donated to Pelham Cares.

GUILD HALL MAKERS' MARKET

at 72 Charlotte St. Port Colborne is having its last market for the year, from 8 a.m. to 12:30 p.m. The market will reopen in April. Call Mary at 905-835-0394 for inquiries in 2014.

Continued on Page 21

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DECEMBER 20
BOOK SIGNING

Meet former Tribune reporter

PORT COLBORNE
FINANCIAL STATEMENTS
FOR THE YEAR ENDED DECEMBER 31, 2012

Under the provisions of the Municipal Act, 2001, S.O. 2001, as amended, being section 295, the municipality is required to make available at no cost to any taxpayer or resident, a copy of the audited financial statements for the year ended December 31, 2012

This financial information is posted on the website of the City of Port Colborne at www.portcolborne.ca, under "City Hall, Financial Reporting".

Hard copies of this financial information can be obtained at City Hall or can be reviewed at the Port Colborne Public Library.

Peter M. Senese
Director of Community and Corporate Services/City Treasurer

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IMPORT DATEBOOK

From Page 20

DECEMBER 31

NEW YEAR'S EVE

dinner and dance at Casa Dante. The evening includes a full-course meal, party favours, a midnight snack table, champagne and music by D.J. Dominos. Tickets are \$55 a person. For tickets or information call the hall at 905-735-9879 or Angelo at 905-734-3914.

NEW YEAR'S EVE

celebration at the Hungarian Hall, 361 Hellmets Ave., Welland. Appetizers, dinner, dance and midnight snacks. Dinner: roast beef, cabbage rolls, breaded chicken, potatoes, vegetables, salad, coffee/tea and dessert. Music by D.J. — Ignite Entertainment Tickets \$45 a person. For tickets call Anna at 905-735-0959, Eva at 905-734-3593 or Tibor at

905-735-6447.

JANUARY 7

IS IT DEMENTIA?

This session at Pelham Public Library will highlight the difference between changes in our brain function that can be expected as we age versus the early signs of dementia. We will also explore the topic of maintaining brain health and strategies to actively protect and maintain our brain function. Presented by the Alzheimer Society, 6 p.m. to 8 p.m. Free but please register ahead.

JANUARY 13

SECRET LANGUAGE OF CATS

What do cats want us to know? Dr. Carol Teed describes what can be learned from understanding

the mind of this mysterious creature. With humour, candour and intelligence, this author not only provides insight into modern day feline health and welfare issues, but describes how the experiences of a cat are mirrored in our own lives. Teed will be at Pelham Public Library at 7 p.m. Cost \$3. Please register ahead. Books for sale and signing.

TAOIST TAI CHI

open house, 7:30 p.m., Glendale Public School, 24 Farnham Ave., Welland. Call 905-935-7583 or view taoist.org/niagara for other times and locations.

JANUARY 31

SOUP'S ON!

tickets on sale for the annual fundraiser for St. Kevin Social Justice Scholarship fund. The menu offers nine



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soups: spicy carrot, ginger and coconut (Blessed Trinity High School); chicken wing and French vegetable pistou soups (Eastdale Secondary); Vietnamese pho (beef and noodle) and red lentil soups (Confederation); carrot with bacon, sage and cream cheese (Notre Dame College School) corn and pepper chowder with barbecued chicken and Scottish leek and potato soups (Niagara College Canadian Food and Wine Institute) and chocolate

chili (Lakeshore Catholic). Tickets are available at St. Kevin's parish office Monday through Friday, before and after weekend Masses; or call ticket convener Mimi Gibbons, 905-734-8486. Tickets are \$10 each, seatings are 11 a.m., noon and 1 p.m.

ONGOING

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Les Filles d'Isabelle have more meat pies for sale, each

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STRUDEL

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CHRISTMAS STRUDEL

sale by VH cultural group. Pre-order apple or cheese strudel, \$9 a strip. Kifli's available for \$7 a dozen. Contact Barb at critwelland@gmail.com or 905-984-7063. Pick up on Sunday, Dec. 8, 10 a.m. to noon at Croatian National Home, 6 Broadway Ave., Welland.

\$5 BAG SALE

at St. Vincent de Paul store, 53 East Main St., Welland, until Dec. 21. Hours are Monday to Friday, 10 a.m. to 4 p.m. and Saturday 10 a.m. to 1 p.m. The store will be closed Dec. 21 at 1 p.m. until Jan. 4.

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\$50-million jackpot in Friday's draw, OLG reports a winning Encore ticket worth \$100,000 was sold in the Rose City. This Friday's Lotto Max will offer

\$100 million in prizes, including an estimated \$50-million jackpot and 50 MAXMILLIONS prizes of \$1 million each.



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COLD SORES

"What are cold sores and how do I get rid of them?" This is a common question asked by many people. Cold sores are caused by the herpes simplex virus (HSV-1). This is not the same virus that causes genital herpes but they are related. They estimate that 80% of the population carry the virus and 60 million people have out breaks once or more per year. The virus is contracted by an individual when they come in to contact with another individual who is infected. Usually young children get them from relatives through kisses, or touching their faces after coming in to contact with the virus with their hands. Some people carry the virus but never get an actual cold sore. It is when people have the actual cold sore that they are contagious. Once you have contracted the virus you can never get rid of it. However, there are many treatments for cold sores and some steps to take to prevent an outbreak.

The main prescription cream is called Zovirax. The cream works by preventing DNA replication of the virus. Similarly there is an oral medication by prescription called Valtrex. This is taken as a dose of 2 grams twice a day for two days. It has been shown to shorten the duration of a cold sore episode by one day.

There are many non-prescription remedies on the market. One of the most expensive but proven effective creams is called Abreva. This cream works by preventing the spread of the virus from cell to cell. It has been shown to improve healing time by about 17 hours compared to placebo.

Another cream which generally seems to help healing is Super Lysine Plus + Lysine can also be taken orally and seems to reduce recurrences of herpes infection and reduce the severity and healing time. It is thought that lysine works because it competes with arginine, another amino acid, for uptake in to cells. Arginine is used by the virus for replication. If you have more lysine than arginine in your cells you have less virus production.

Chocolate and nuts are rich in arginine if you are a cold sore sufferer you may want to avoid them. Vegetables, fish and dairy are lysine rich foods and may help you avoid a cold sore outbreak.

There are a number of other creams on the market. Lipactin, Zilactin-L and AGSO. There are cost differences between them and they work in different ways. AGSO is the most expensive and works by drying the blister. Some of the others specifically treat the pain of the blister but may not shorten its duration.

If you are a frequent sufferer of cold sores its best to talk to your doctor about which of the above treatments would be best for you. You want to make sure you have your cold sore treatment ready because most of the products work best at the first sign of the cold sore, (usually signaled by a tingling or burning sensation where the blister breaks out). If you know what triggers your cold sores, try to avoid them. Some individuals say that sun, oranges, chocolate and lipstick are their biggest triggers. If you feel a cold sore coming on avoid direct contact with other individuals. Teach your children to avoid sharing clothes, lip balm, and lipstick so they can avoid contracting the virus.

If you would like any more information on the above products please come and talk to your pharmacist.

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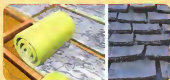
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